



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Martin Schmitz

000: 1:20:16

00: 133

00: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

00000/000: 138 (of 279)

00000/0: 121 (of 210)

000000: 59:54

0000:

Senioren 4 (TM 55)

00000: 20(of 37)

0000000: 1:05:27

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:41	27:22	31	5:53	181	5:53	0.50	13:41	27:22	38	5:53	211	5:53
Wechsel S -> R	-	3:16	-	23	1:27	140	1:55	0.50	16:57	33:53	38	6:03	211	7:10
Schwimmen 000	0.50	16:57	33:53	38	6:03	211	7:10	0.50	16:57	33:53	38	6:03	211	7:10
Rad netto	20.00	37:42	1:53	18	4:47	100	13:29	20.50	54:39	2:39	38	10:38	139	13:30
Wechsel R -> L	-	0:51	-	5	0:14	47	0:25	20.50	55:30	2:42	38	10:41	132	13:35
Rad 000	20.00	38:33	1:55	16	4:38	90	12:56	20.50	55:30	2:42	38	10:41	132	13:35
Lauf Ziel	5.00	24:46	4:57	15	4:31	99	6:47	25.50	1:20:16	3:08	20	14:49	121	20:22